



Photos by Spc. Gaelen Lowers

Jordan Graham, 10, a 5th grader, participates in the football toss at Taylors Creek Fall Fest, Oct. 24 as 2nd Lt. Ronee Farrell, HHC, STB, and 1st Lt. Kerry Cook, 92nd Eng., cheers her on. Soldiers with the 3rd SB volunteered to assist with the annual festival.

3rd SB supports school festival

Spc. Gaelen Lowers
3rd SB Public Affairs

Taylors Creek Elementary School held its annual fall festival here Oct. 24 and the Soldiers of the Special Troops Battalion, 3rd Sustainment Brigade were there in full support.

"We're the proud sponsors of Taylors Creek Elementary School and we decided that we will come out in force for any events that they have out here and lend our support to help make their events a success," said Lt. Col. Russ Holscher, commander of the STB, 3rd Sustainment Bde.

"When they see us out here helping out the community, supporting community activities, it shows that we do care about the community and we are about selfless service," he continued. "Plus it's just a lot of fun."

The children of Taylors Creek jump started the festivities with a chorus concert for their friends and Families, as well as the Soldiers who volunteered their time.

Next, the entire school opened up for everyone to play the games of skill and chance that were set up around the school grounds. Guests were also treated to a fried chicken dinner.

Specialist Delia Brown, 24th Finance Company, STB, 3rd

Sustainment Bde., who ran the pumpkin drop, said that she had as much if not more fun than the kids.

Among the games that the children and Soldiers participated in were putt putt golf, football toss, basketball shoot, a wash-off tattoo parlor, "Shrink-Wrap a Kid," and a chance to duct tape their gym teacher to a wall.

Additionally, each class decorated a pumpkin based on their favorite story and everyone had an opportunity to vote for his or her favorite.

"Everyone is looking forward to taping Coach Brennen to the wall," said Debbie Rodriguez, school principal, with a smile.

Soldiers of the STB, 3rd Sustainment Bde. have sponsored Taylors Creek for more than 14 years.

"They've (Soldiers) been (helping out) here ever since I've been here," Rodriguez said. "We really need the extra help. We're really excited to have them with us."

Vice Principal Kathy Moody shared similar sentiments.

"It really makes us feel wonderful and special to have the Soldiers here," she said. "We love to have them come anytime. Just their presence really makes the children feel special. They're our heroes!"



Dwayne Herring, a 5th grade science teacher, watches kindergarten student, Alanna Wolfe, 5, make a big bubble at the Taylors Creek Fall Fest, Oct. 24.



Above: Private Ashley Jeremiason, 3rd STB, paints a water tattoo on Reychell Johnson, 9, a 4th grade student at Taylors Creek, Oct. 24.

Left: Third Sustainment Soldiers assist Taylors Creek students with "Ping-Pong Pumpkin," one of the many games and activities held at the school's annual Fall Fest, Oct. 24.

Jake's Body Shop

Get the most out of fitness

Jake Battle

DMWR Fitness Coordinator

Do you find yourself spending more time thinking about exercising than you actually spend doing it? If so, you can find the motivation to work out by joining a fitness center.

Because of the variety of activities available, exercising at a fitness center can make it easier to stick to a routine.

Here are some benefits of exercising at a fitness center. Discover the endless options available to you.

The buddy system

A fitness center is a great place to make new friends. You meet people with common interests and goals.

It's a place where everyone is equal and striving to do the same thing - get in better shape. Having workout buddies gives you the incentive to stay committed to your fitness goals.

Trained staff

It is a good feeling to know you are not alone when trying new activities. A trained staff is ready to help you whenever you have questions.

You don't have to figure out machines by yourself. Not only does this prevent frustration, it can also keep you from getting injured.

Freedom for creativity

You may get bored when exercising at home because you always do the same things. At a fitness center, you have a number

of options available to you.

Tired of lifting weights? You could join an aerobics class or swim a few laps. There are so many different activities, you can always vary your routine and stay motivated.

Structure

Many people need structure in order to stick with an exercise routine. A fitness center provides both structure and freedom.

There are a number of programs and classes you can join. Try aerobics classes three nights a week and take body sculpting on the other nights. The more variety you have, the better.

Go ahead and join a fitness center. When you are in shape and feeling great, you will be glad you did.

Start now

Decide today to begin enjoying the rewards of exercising. Don't wait until tomorrow. The benefits of exercise could be yours right away. Make the commitment.

The dollar incentive

The old saying, "Nothing worth very much is free" definitely applies here. Your health and your state of mind are priceless and worth your investment.

The bottom line is that the majority of people who benefit from exercise do it all or in part at a fitness center.

The motivation and the friendships keep them involved and excited, while enjoying all the benefits of exercise.



Courtesy photo

Brandon Quals (3rd place), William Lowery (1st place) and Dustin Quals (2nd place) pose with their trophies after participating in the Division A category of a Hunter racquetball tournament, Oct. 18.

Tominac Fitness hosts Racquetball tournament

Special to the Frontline

The action was fast pace as Tominac Fitness Center held a Racquetball Tournament Oct. 18 in two separate categories.

Distinguishing himself in Division A was William Lowery a retired staff sergeant earning the win over second place Brandon Quals, 9-15, 15-3, 11-7. Third place finisher was Dustin Quals.

Division B winner Juan Villalobos,

Family Member of Sgt. Laura Villalobos, 2/3 Aviation earned the championship in two straight sets 15-8, 15-13 over second place finisher Spc. Edward Osborne, Co. B, 224th Military Intelligence Battalion. The third place finisher was Spc. Brandon Slane, Co. B, 603rd Transportation Company.

Learn more about racquetball or other activities at Tominac Fitness Center by calling Eli Wilson at 315-2019.

Find out the latest of what's happening in your community by checking the Quality Times online at www.stewart.army.mil.

Fort Stewart Intramural Fall Soccer League

DATE	TIME	TEAMS
Monday	6:30 p.m.	Troop B, 5/7 CAV vs 92nd Eng.
	7:30 p.m.	Co. B, 3/69 AR vs HHC, 4-3 BTB
	8:30 p.m.	Co. A, 26th FSB vs Co. A, 3/69 AR
Tuesday	6:30 p.m.	Co. E, 2/7 Inf. vs Co. D, 26th FSB
	7:30 p.m.	Troop B, 5/7 CAV vs S Co. C, 3rd FSB
	8:30 p.m.	Battery A, 1/76 FA vs Battery A, 1/9th FA
Wednesday	6:30 p.m.	92nd Eng. vs. Co. A, 26th FSB
	7:30 p.m.	Battery A, 1/9th FA vs Co. B, 3/69 AR
	8:30 p.m.	HHC, 4-3 BTB vs Co. A, 3/69 AR
Nov. 4	6:30 p.m.	Battery A, 1/9th FA vs. Co. C, 3rd FSB
	7:30 p.m.	Battery A, 1/9th FA vs. 92nd Eng.
	8:30 p.m.	Co. C, 3rd FSB vs. Co. D, 26th FSB
Nov. 8	6:30 p.m.	Co. A, 3/69 AR vs Co. E, 2/7 Inf.
	7:30 p.m.	Co. D, 26th FSB vs 92nd Eng.
	8:30 p.m.	Troop B, 5/7 Cav. vs Battery A, 1/9th FA
Nov. 9	6:30 p.m.	Co. B, 3/69 AR vs Co. A, 26th FSB
	7:30 p.m.	Co. A, 3/69 AR vs Co. C, 3rd FSB
	8:30 p.m.	Co. E, 2/7 Inf. vs HHC, 4-3 BTB
Nov. 15	6:30 p.m.	Battery A, 1/9th FA vs HHC, 4/3BTB
	7:30 p.m.	Co. A, 4/64 AR vs Co. A, 3/69 AR
	8:30 p.m.	Battery A, 1/76 FA vs 92nd Eng.

Intramural football standings

Rocky's Conference

	WON	LOST	PCT
Co. F, 2/7 IN	11	0	1.000
1ST BDE BTB	9	2	0.818
MEDDAC	9	2	0.818
Co. A, 1/41 FA	8	3	0.727
1/64 AR	5	2	0.714
90th HR Co.	5	6	0.454
Co. B, WTU	5	6	0.454
Co. D, 2/7 IN	5	6	0.454
139th MP Co.	3	8	0.232
Co. B, 2/7 IN	2	9	0.181
HQ, 5/7 CAV	2	9	0.181
Co. A, 5/7 CAV	1	10	0.090

Marne Conference

	WON	LOST	PCT
554th Co.	10	1	0.909
HHC, 26TH BSB	10	1	0.909
HHC, 3rd BSB	8	3	0.787
Co. A, 3/69 AR	7	4	0.636
HHC, 2/7 IN	7	4	0.636
Co. D, 3rd BSB	6	5	0.545
HHB, 1/41 FA	5	6	0.454
3rd SIGNAL	4	5	0.454
15 ASOS	6	5	0.545
Co. B, 5/7 CAV	2	8	0.200
HHT, 5/7 CAV	1	10	0.090
HHB, 1/9 FA	0	9	0.000

Register now for youth sports

Special to the Frontline

Child and Youth Services holds registration for youth basketball and cheerleading Nov. 3 through Dec. 15, or when all slots are filled.

These programs are open to CYS members living on or off-post.

Age categories are 5-18 years old, as of Jan. 1, 2009 for basketball; and cheerleading, ages 6-13, as of Dec. 31.

Register at Fort Stewart CYS, building 443, Gulick Ave., next to Corkan Pool.

CYS hours of operation are Monday, Tuesday, Thursday, and Friday, 8 a.m. to 5 p.m.; and 9 a.m. to 6 p.m., Wednesday.

For more information on registration procedures, call 767-2312. For more information on the sports programs, call 767-4371 for basketball or 767-2815 for cheerleading.

Volunteers are needed to coach basketball teams and cheerleading squads.

If interested, visit CYS or Jordan Youth Gym, building 608, to fill out an application and submit to a background check.

Intramural soccer standings

Rocky's Conference

	WON	LOST	PCT
HSC, STB, 3rd SB	7	0	1.000
Co. A, 1/9 FA	5	2	0.714
HHC, 1/3 BDE	3	5	0.375
26th BDE	2	4	0.333
MEDDAC	1	6	0.142